TANITA®

TBF-560 BODY FAT MONITOR/SCALE

Instruction Manual

Introduction

Thank you for your selection of the TANITA Body Fat Monitor/Scale TBF-560. This full-featured, family model uses the BIA (Bioelectrical Impedance Analysis) technique, a state-of-the-art technology for body fat measurement.

NOTE: Read this Instruction Manual carefully and keep it handy for future reference.

⚠ Safety precautions

- **Persons with implanted medical equipment, such as a pacemaker, should not use the TBF-560. This Body Fat Monitor/Scale sends a very safe, low electrical signal through the body during measurement, which may interfere with the operation of a pacemaker.**

- The TANITA Body Fat Monitor/Scale TBF-560 is intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities. It is not equipped with the quality standards required for professional use.

- Do not use this unit on slippery surfaces such as tile flooring or wet floors.

- Children or disabled people should be assisted by someone else, or use a handrail when using the TBF-560.

NOTE: Measurements will vary with the amount of moisture in the body, and can be affected by dehydration caused by such things as alcohol consumption, menstruation, illness, strenuous exercise, etc.

Important notes for users

The TBF-560 is intended for use by male and female adults, adult athletes, and children over 3.6 ft. (107 cm) tall, whose bodies are still developing—user's preprogrammed date of birth determines age group mode. If the *adult athlete* mode is appropriate, it must be selected. Body fat percentage measurements may be slightly lower or higher for the following categories of people:

- Children seven years old or younger
- Adults seventy years old or older
- Pregnant women
- Persons undergoing dialysis
- Persons suffering from edema

Body fat percentage measurements for these persons should not be treated as absolute values, but may be used as relative values for checking body fat percent variations over a period of time.

The TBF-560 also has an *athlete* mode which is intended for use by *persons involved in intense aerobic exercise* of approximately 10 hours per week and who have a resting heart rate of approximately 60 beats per minute. It is not intended for use by *professional athletes* or *bodybuilders* who may experience physical changes due to dehydration.

Recommendations for exercise programs or diets based on measured data should be determined by a doctor or licensed medical professional. Do not attempt to evaluate the data by yourself.

Recorded readings are averaged weekly starting on Sunday and ending on Saturday. A monthly average is calculated using the weekly averages within a given calendar month.

Recorded data may be lost if the TBF-560 is used incorrectly or is exposed to electrical power surges. TANITA takes no responsibility for any kind of loss caused by the loss of recorded data.

TANITA takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

Quick Start

Use this section to begin using the unit immediately. We recommend that you read the Instruction Manual thoroughly before making full use of the monitor.

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Principles of body fat percentage measurement

The Tanita Body Fat Monitor/Scale TBF-560 allows you to estimate your body fat percentage at home as easily as you measure your weight.

What is body fat percentage?

Body fat percentage is the percentage of fat in your body. Until now, your absolute weight has determined whether or not you were considered overweight or obese. In recent years, the definition of obesity has been refined to mean the presence of excess body fat. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

Body Fat Ranges for Standard Adults[1,2]

	Underfat	Healthy	Overfat	Obese
Female 20–39				
Age 40–59				
60–79				

0%   10%   20%   30%   40%

	Underfat	Healthy	Overfat	Obese
Male 20–39				
Age 40–59				
60–79				
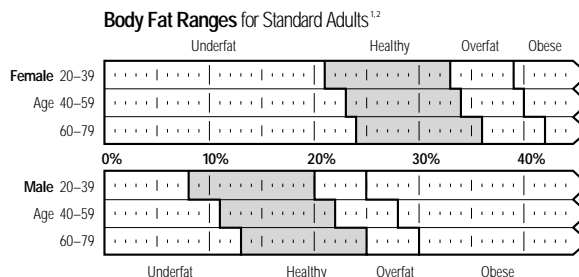
[1] *Based on NIH/WHO BMI Guidelines.*
[2] *As reported by Gallagher, et al., at NY Obesity Research Center.*
To determine the percentage of body fat that is appropriate for your body, consult your physician.

The BIA method

The TBF-560 uses the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the amount of fat in the body can be accurately estimated by measuring the impedance. The signal used is very low, making it safe and imperceptible.

The illustration on the left show how the signal travels through the body.

Tanita's patented "foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

Body fat percentage fluctuations in a day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

The graph on the left shows an example of daily body fat percentage fluctuations.

Daily fluctuations in body fat percentage based on the BIA method

Advantages of the Tanita TBF-560

Previously, body fat percentage was determined by measuring the thickness of subcutaneous fat by pinching it with calipers, or by laying a person on a scanning bed and passing a current from hand to foot. However, these methods had problems; measurement values varied, professional skills were required, and extensive time was required for measurement. Currently, the standard methods of fat percentage measurement are *DEXA* (dual energy x-ray absorptiometry) and *Hydrodensitometry* (underwater weighing).

Based on data from both the DEXA and underwater weighing methods, Tanita established a formula for estimating the percentage of body fat. There is a high correlation between measurements taken with the TBF-560 and those obtained through DEXA and underwater weighing.
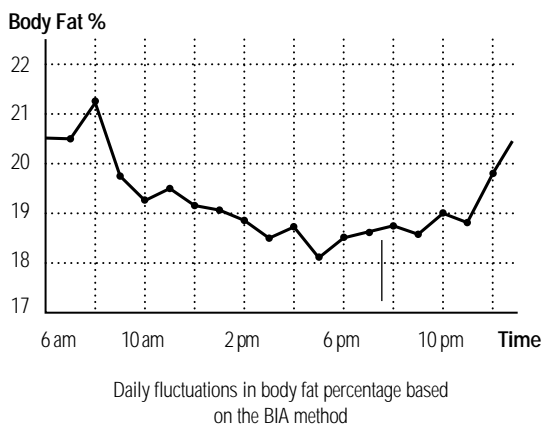
Features and functions of the TBF-560

Components

Measuring platform	(1)
Support feet	(4)
AA-size batteries	(4)
Instruction manual and warranty	(1)
Educational booklet	(1)

Measuring platform

1. Display screen

2. Orange Set button

3. Green Selection buttons (Up/Down)

4. Toe electrodes

5. Heel electrodes

6. PERSONAL keys (start switch)
   Setting of birth date, Male/Female/Adult Athlete mode, and height for up to five persons can be stored in the memory of the PERSONAL keys.

1

2
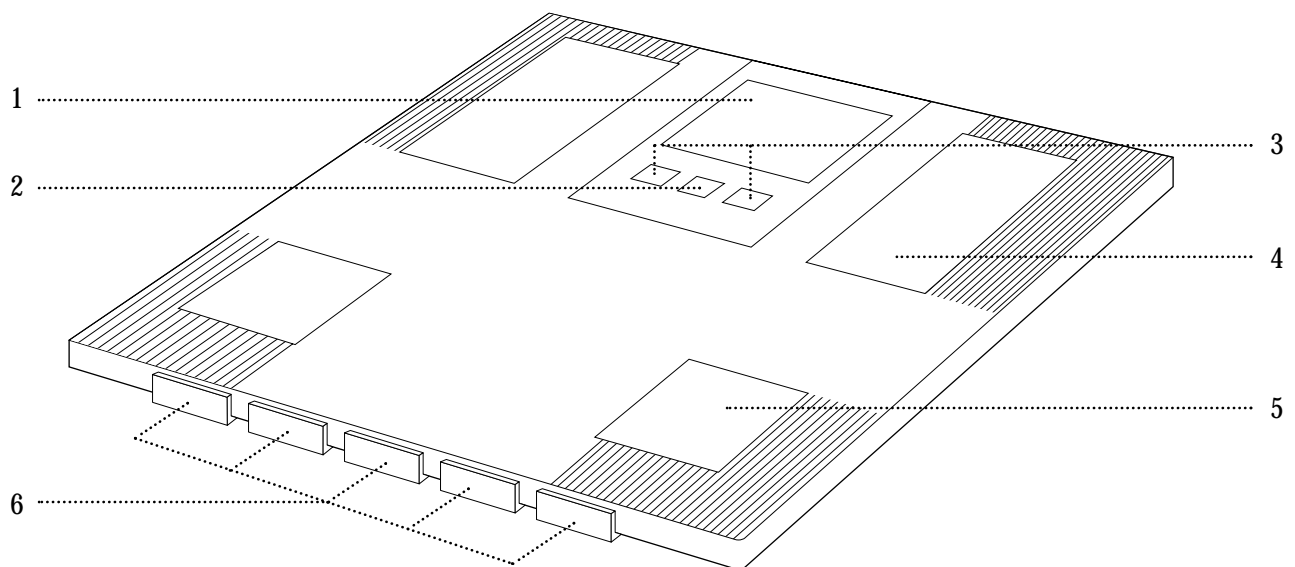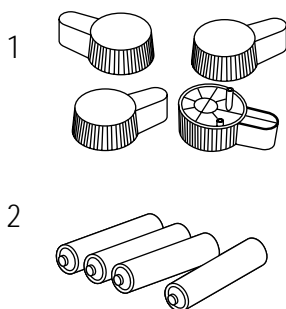
Accessories

1. Support feet (4)
    For use on carpeting 0.8 inches thick or less; a hard, uncarpeted surface is recommended.

2. AA-size batteries (4)
    These are trial batteries. Their service life will be short. New batteries will last for about a year when this unit is used by five persons once every day.

Useful features of the TBF-560

The TBF-560 allows you to measure both weight and body fat percentage simultaneously as easily and simply as stepping on a scale.
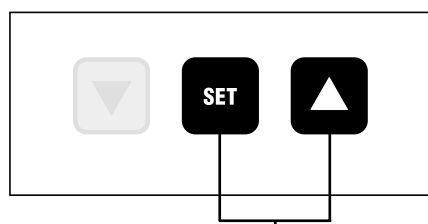
The TBF-560 can be set for a Male/Female/Adult Athlete, increasing the accuracy of the measurements.

Personal data (birth date, gender, height) can be preset and stored in memory for up to five persons. Personal data can be reprogrammed to allow for changes such as a child growing.

Body weight and body fat percentage measurements for five persons can be recorded in the memory of the unit. User's current measurements can be compared with past readings record for up to 2 years.

The TBF-560 can also provide body weight and body fat percentage for an unlimited number of guests that do not require their data to be recorded in the memory of the unit.

The TBF-560 alerts you with a "No" (triggered by a significant weight change) to indicate the possibility that you have mistakenly used someone else's PERSONAL key.

Switching the weight mode

The TBF-560 can record measurements in lb (pounds), kg (kilograms), or st-lb (British stone pounds). To select the preferred unit, make sure the monitor is off. Press the Green Up and Orange Set buttons simultaneously and release instantly. Press the Up/Down buttons to choose the measurement unit (lb/kg/st-lb) you desire, then press the Orange Set button. The display screen will flash and you will hear two beeps to confirm your selection and store it in memory. (To change weight unit, repeat the previous steps.)

Press buttons simultaneously and release instantly.

Automatic shut-down function

The automatic shut-down function shuts off the power automatically in the following cases:

*   If you interrupt the measurement process.
    The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.

*   If an extraordinary weight is applied to the platform.

*   If you make a mistake during measurement or a key operation.

*   After you have completed the measurement process.

NOTE: If the power shuts off automatically due to a problem, repeat the steps from the beginning (see pp. 9-10 for steps).

Preparations before use

Open as shown (detachable)   Direction of the batteries
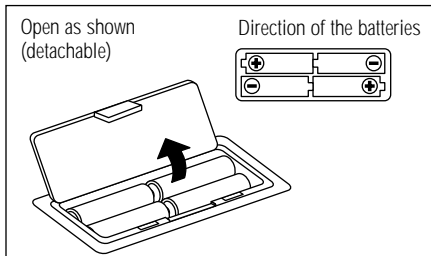
Inserting the batteries

1. Open the battery cover on the back of the measuring platform.

2. Insert the supplied AA-size batteries as indicated.

NOTE: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.
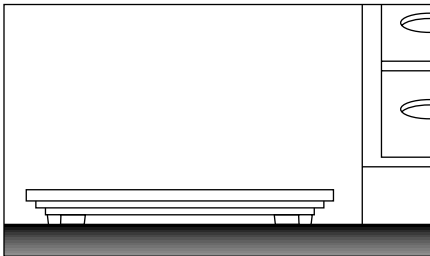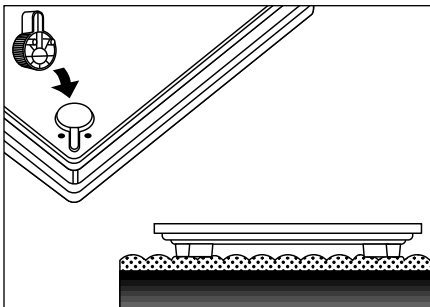

Positioning the measuring platform

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

NOTE: To avoid possible injury, do not step on the edge of the platform.

Attaching the support feet (carpet use only)

Insert the support feet into the holes at the four corners on the bottom of the measuring platform.

NOTE: Do not use the support feet on hard, flat surfaces, as the unit may tip over. Do not use the measuring platform on any carpeting that is more than 0.8 inches in thickness. To avoid unstable readings.

Handling tips

This monitor is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

• Do not attempt to disassemble the measuring platform.

• Store the unit horizontally, and place it so that the PERSONAL keys will not be pressed accidentally.

• Avoid excessive impact or vibration to the unit.

• Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.

• Never submerge in water. To clean, use a dampened cloth and mild detergent. Use alcohol to clean the electrodes.

• When you change the batteries, exchange all four batteries at the same time with new AA-size batteries.

If you need assistance, please call our toll-free customer service number at 1-800-TANITA-8.

Setting current date and time

NOTE: This unit makes a "beep" every time the Orange Set button is pushed and two "beeps" when the input data is confirmed.
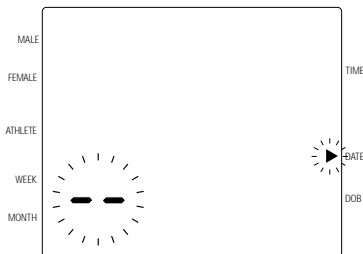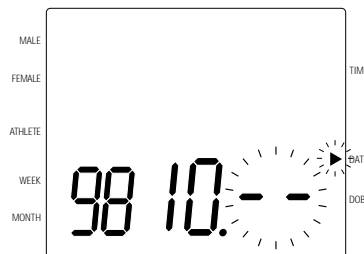
1. Setting the current year

When the batteries are installed, the display will flash an arrow pointing to "DATE" and two dashes where the "year" is to be stored. Use the Green Up/Down buttons to specify the last two digits of the year. Then press the Orange Set button.
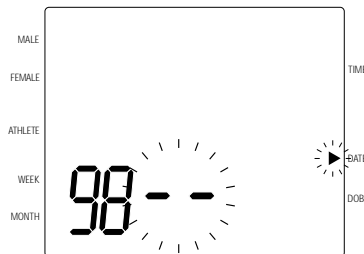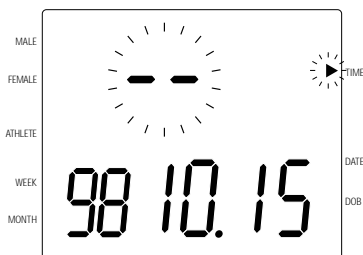
2. Setting the current month

Once the year is set (1998, in the example shown above), then use the Up/Down buttons to specify the month. Then press the Set button.
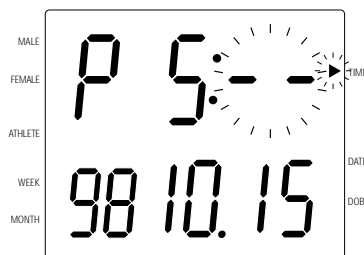
3. Setting the current day

Once the month is set (October, in the example shown above), then use the Up/Down buttons to specify the day. Then press the Set button.
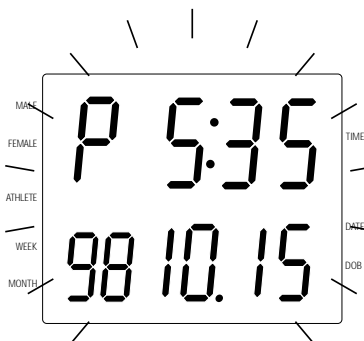
4. Setting the current hour

Once the day is set (15, in the example shown above), then use the Up/Down buttons to specify the hour (indicate AM or PM). Then press the Set button. Example: For 5 pm, the display shows "P 5".

5. Setting the current minutes

Use the Up/Down buttons to specify the minutes. Then press the Set button. Example: For 35 minutes, the display will show "35".

6. Completing the sequence

Then, press the Set button. Two "beeps" will be heard and the confirmed data will flash. The power will automatically shut off.

NOTE: Midnight is indicated by "A 12 : 00" and noon is indicated by "P 12 : 00".

Operation of the TBF-560

Overview of measuring

To get the most accurate absolute values, measurements should be taken while wearing no clothing, preferably in the evening, and after urinating. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Stand erect on the platform. If measurements are to be taken after bathing, the body must be completely dry.

NOTE: Accurate measurement will not be possible if the soles of your feet are not clean, if your knees are bent or you are in a sitting position.

It is best to take measurements at the same time each day, preferably in the evening. If doing so is not convenient, remember to wait about three hours after rising, eating, or doing hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change, as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage measurements taken under the same conditions over a period of time.

## Setting and storing personal data in memory (Initial setup only)

To take full advantage of the features and benefits of the TBF-560, your personal data must be programmed into one of the five personal keys. The unit has an automatic shut-down function. If you do not step on the platform after selecting a PERSONAL key, the unit will automatically shut off in about 30 seconds.

Note: In order to use a PERSONAL key that was previously programmed for another person, see the section on *Preprogramming a PERSONAL key for a new user* on page 16.
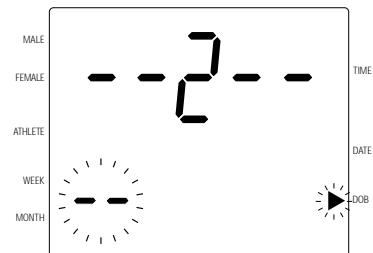
1. Turn on the power
Use the Orange Set button to turn the unit on. The numbers (1-2-3-4-5) will appear and the display will flash.
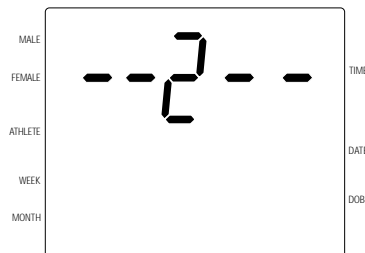
### 2. Select a PERSONAL number
Use the Green Up/Down buttons to select a PERSONAL number. After selecting the number, press
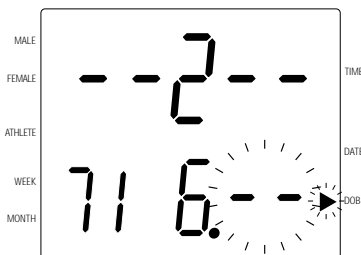
3. Specify the year of your birth
Use the Up/Down buttons to specify the last two digits of the year you were born. Then press the Set button. Example: For year 1971, the display will show "71".

Note: Users with birth dates before 1908 should enter "08" as their year of birth.
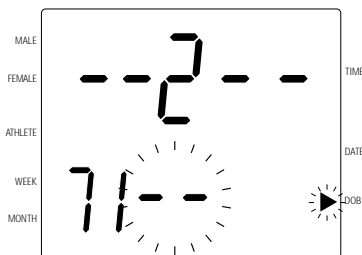
4. Specify the month of your birth

Use the Green Up/Down buttons to specify the month you were born. Then press the Orange Set button. Example: For the month of June, the display will show "6".
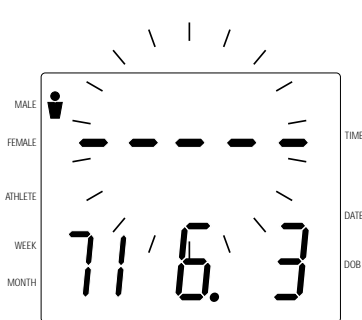
5. Specify the day of your birth

Use the Up/Down buttons to specify day you were born. Then press the Set button. Example: For the 3rd, the display will show "3".
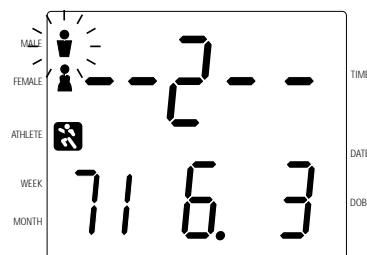
6. Specify Male/Female and Athlete

Press the Up/Down buttons to specify the appropriate gender and whether you are an Athlete. Then press the Set button. Persons 17 years of age and under cannot be entered as an athlete.

7. Specify your height

Press the Up/Down buttons to specify your height (hold the buttons down continuously for speed setting). Then press the Set button.
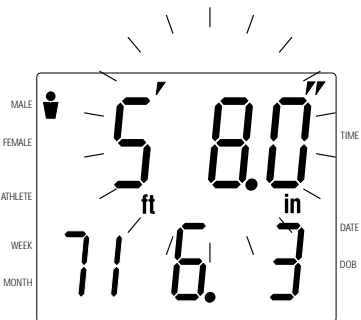
8. Completing the sequence

Once the height is specified, data storage is complete. The display will flash all data for 3 seconds to confirm the programming. The power will automatically shut off. To set the next PERSONAL key for another person, after the power shuts off, repeat steps 1 through 8.

About user modes:

Female   Male   Athlete

This model automatically selects the correct mode of calibration based on the user's preprogrammed date of birth. The unit can be used by children who are at least 3.6 ft. tall and adults with active or sedentary lifestyles.

A special athlete mode may be selected by those adults who are involved in intense aerobic exercise programs (approximately 10 hours a week) and have a resting heart rate of approximately 60 beats-per-minute—excluding professional athletes and bodybuilders.

# How to measure your body weight and body fat percentage
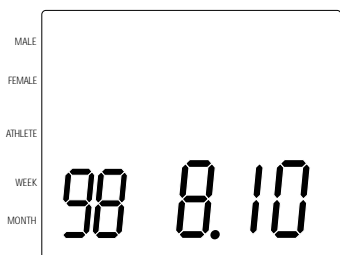
1. Turn on the power
Use your toe to tap your PERSONAL key that has your preprogrammed data (birth date, gender and height). The current date will appear.
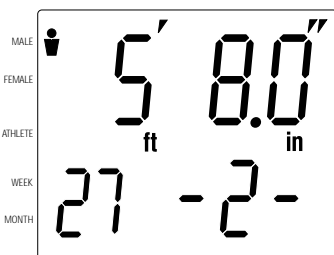
2. Programmed data appears
Your preprogrammed gender (male, in the example) height (5' 8", in the example), current age (27, in the example) and PERSONAL key number (2 in the example) will appear. If athlete mode has been chosen, it will also appear.
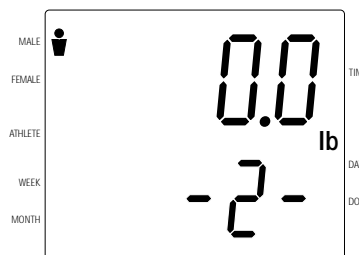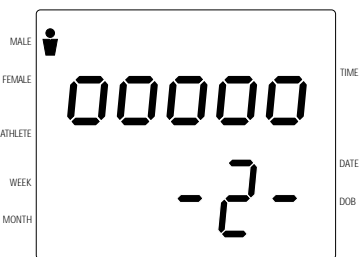
3. Wait until "0.0 lb" appears
Then, the display will show "0.0 lb". If you step on the platform before "0.0 lb" appears, the unit will not function properly.
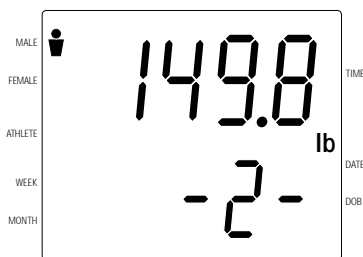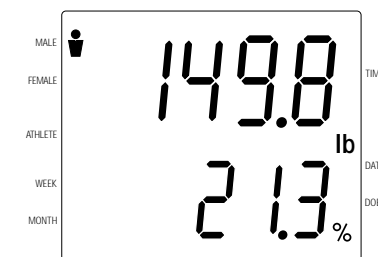
4. Step on the platform
Be sure that your toes and heels are correctly aligned with the toe and heel electrodes on the measuring platform. Your weight will be shown first (149.8 lb, in the example shown above).

5. Display shows "ooooo"
"o o o o o" will appear in the display and then disappear one by one as your body fat percentage is calculated.

6. Display shows body weight and body fat percentage
The values of body weight and body fat percentage will be displayed at the same time for 15 seconds. To store these measurements, see *Recording measured data (standard saving sequence)* below.

Recording measurements

The first 2 steps of this sequence are described in more detail in steps 1 through 6 of *How to measure body weight and body fat percentage*, shown on page 11.
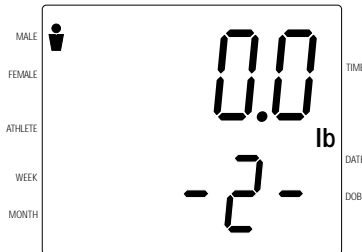
1. Turn on the power
Using your toe, tap the PERSONAL key (2, in the example shown above) that has your preprogrammed data. The current date will appear and then the preprogrammed gender, height, and current age. Then the display will show "0.0 lb". If you step on the platform before "0.0 lb" appears, the unit will not function properly.
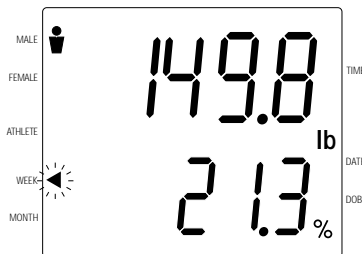
2. Take measurements
Be sure that your toes and heels are correctly aligned with the toe and heel electrodes on the measuring platform. Your weight will be shown first (149.8 lb, in the example shown above). Then your body fat percentage (21.3%, in the example shown above).
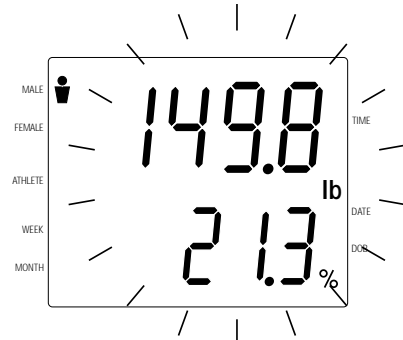
3. Record measurements
While the values of body weight and body fat percentage are displayed, press the Orange Set button (you have a maximum of 15 seconds to do this from the time these measurements appear on the screen). The numbers will flash a few times and the unit will make two "beeps" to confirm recording the data.

4. Availability of previously recorded data
An arrow pointing to "WEEK" will flash, to indicate the availability of comparisons with previously recorded measurements. If you choose to compare the current reading with previously recorded measurements, follow the sequence on *Using memory function.*

Overriding recorded data protection feature

If another person's PERSONAL key is selected by mistake and a measurement is taken, then incorrect data could be recorded to that PERSONAL key. In order to avoid this, when the unit detects a large weight change (of more than the previous weight multiplied by 1/16) within a two week period, the display will show "No" and will not measure. However, if a person has had a large weight change during this period of time, and wants to record the new measurement, follow the procedure below.
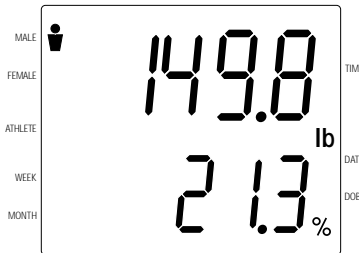
1. Turn on the power and take measurement

Using your toe, tap the PERSONAL key that has your preprogrammed data. Wait for "0.0 lb" to appear before stepping on the platform. Be sure that your toes and heels are correctly aligned with the toe and heel electrodes on the measuring platform. The unit will measure the values of body weight and body fat percentage (149.8 lb and 21.3%, respectively, in the example shown above).
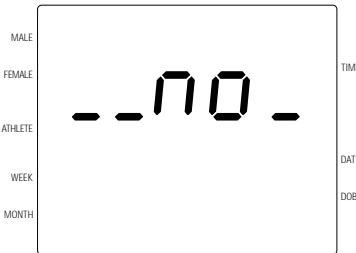
2. Unit does not record measurements due to a significant weight change

If the change in body weight is more than the previous weight multiplied by 1/16, the unit will not record the measured values even if the Set button is pressed to record. "No" will flash in the display.
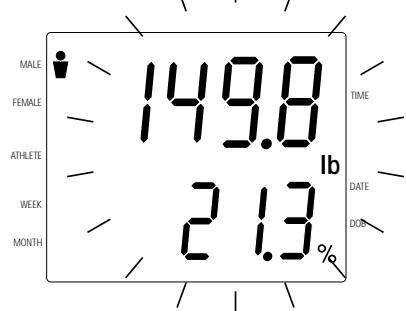
3. Reconfirm PERSONAL key and record measurement

Reconfirm that you are using your PERSONAL key, then measure again within 1 minute. Press the Set button. "No" flashes in the display. Then press the Set button again within 5 seconds. The unit will make two "beeps" to indicate that the measurement was recorded this time.
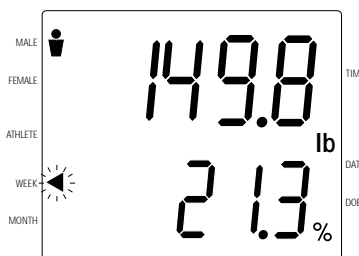
4. Availability of previously recorded data

An arrow pointing to "WEEK" will flash, to indicate the availability of comparisons with previously recorded measurements.

Note: The unit will record the values of body weight and body fat percentage only once for a certain date. If a person takes measurements several times a day, only the last values of body weight and body fat percentage will be recorded for the day within that 24 hour period.

Using memory function

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

0.0 lb *-2-*

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

149.8 lb *21.3 %*

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

-2.4 lb *-1 - 1.0 %*
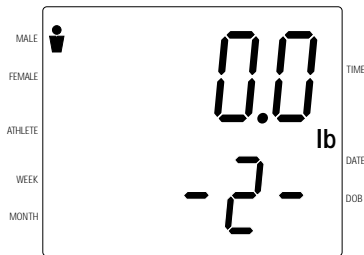
1. Turn on the power
Using your toe, tap PERSONAL key (2, in the example shown above) that has your prepro- grammed data. The current date will appear and then the preprogrammed gender, height, and current age. Then the display will show "0.0 lb". If you stand on the platform before "0.0 lb" appears, the unit will not function properly.
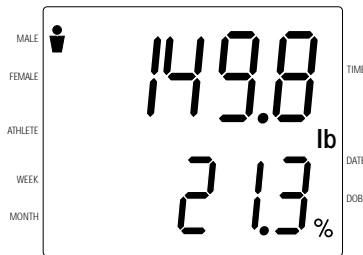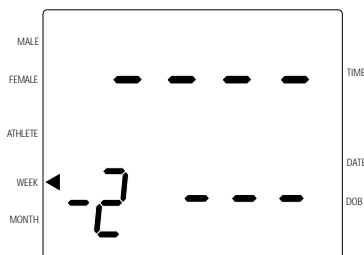
2. Take measurements
Be sure that your toes and heels are correctly aligned with the toe and heel electrodes on the measuring platform. Your weight will be shown first (149.8 lb, in the example shown above). Then your body fat percentage (21.3%, in the example shown above).
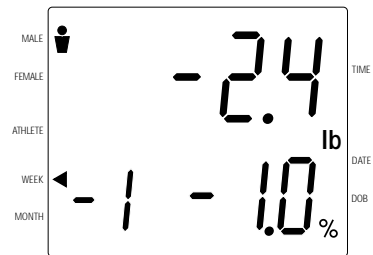
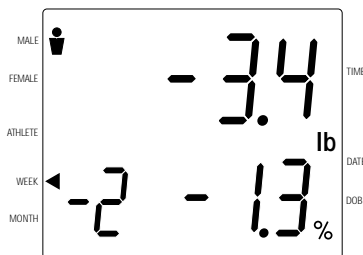### 3. Comparing current data with last week's data
Step off the measuring platform. An arrow pointing to "WEEK" will flash to indicate the availability of comparisons with previously recorded measurements. Press the Green Down button to select "–1" (for 1 week past). The difference between the current and last weeks reading will be displayed.

Note: You must have recorded data in order to use the memory function. Any user who doesn't have a PERSONAL key can not use the memory function.

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

- - - - *-2 - - -*

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

-3.4 lb *-2 - 1.3 %*

MALE · FEMALE · ATHLETE · WEEK · MONTH · TIME · DATE · DOB

-14.4 lb *-12 - 5.7 %*

4. No data recorded for week/month
If you haven't recorded data for a given week or month, nothing will be displayed.

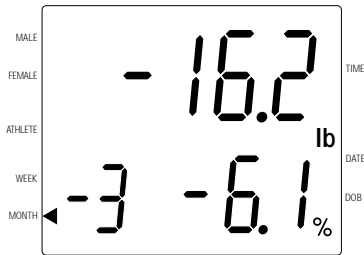### 5. Comparing current data with data from 2 weeks ago
Press the Down button again, a "–2" will appear, and the difference between the current data and the average from 2 weeks ago will be displayed.
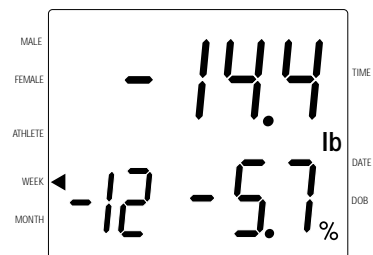
6. Comparing current data with data from 3 to 12 weeks ago
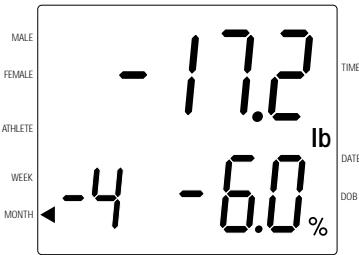You may continue pressing the Down button to compare the current data with past data. The monitor will store weekly aver- ages for up to 12 weeks. You can use the Up button to see the more recent averages.

Note: Weekly readings stored beyond 12 weeks will automatically be combined to create monthly averages. Averages for months 3 through 24 will be stored and available for comparison to the current reading.

7. Comparing current data with stored data by month

Once you have compared the current data with the past 12 weeks press the Down button once more and an arrow will appear next to "MONTH" on the display. "–3" will appear and the difference between the current data and the averaged data from three months ago will be displayed.

8. Comparing current data with data from the past 3 to 24 months

You may continue pressing the Down button to compare the current data with past data. The monitor will average up to 24 months (2 years) of stored data.

9. Viewing the actual reading

While the difference is showing press and hold the Set button and the averaged measurement for the selected week or month will be displayed.
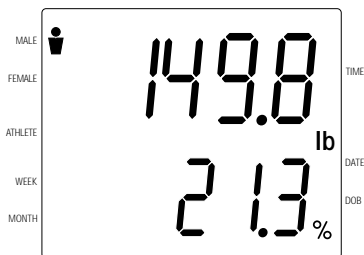
10. Finish using the memory function

Wait about 20 seconds without operating the monitor to end the memory display function and the power will automatically shut off.

## The following examples illustrate the memory function feature:

Recorded readings are averaged weekly starting on Sunday and ending on Saturday. A monthly average is calculated using the weekly averages within a given calendar month.

With the arrow pointing to "WEEK" the difference between the current reading and the previous 12 weeks will be displayed.
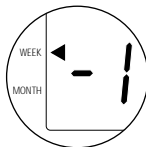
–1 The difference between the current reading and last week's average

–2 The difference between the current reading and the average 2 weeks ago

–3 The difference between the current reading and the average 3 weeks ago

–4 The difference between the current reading and the average 4 weeks ago

With the arrow pointing to "MONTH" the difference between the current reading and the previous 24 month's will be displayed. To get to "Month Mode" press the Down button 13 times.
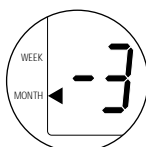
–3 The difference between the current reading and the average 3 month's ago

–4 The difference between the current reading and the average 4 month's ago

–5 The difference between the current reading and the average 5 month's ago

–6 The difference between the current reading and the average 6 month's ago

# Taking measurements of a guest that does not have a PERSONAL key

The TBF-560 allows the measurement of body weight and body fat percentage of a person who does not have a PERSONAL key. The procedure is as follows:

1. Use the Green <u>Up</u> button to turn on the unit.

2. Follow the procedure in steps 3 to 8 on *Setting and storing personal data in memory* on pages 9 to 10. Do not use the PERSONAL key number.

3. Press the Orange Set button. The current date will appear on the display. Then follow the procedure *How to measure your body weight and body fat percentage* (steps 2 to 6) to measure the guest's body weight and body fat percentage. The guest's measurements will not be recorded in the memory of the unit.

Resetting data

Reprogramming a personal key for a new user

Follow this procedure to use a PERSONAL key that was previously programmed for another person.
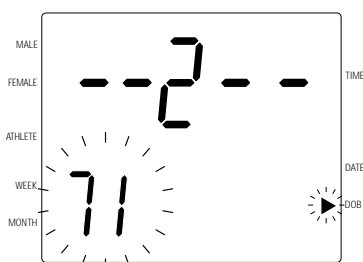

1. Select the PERSONAL key to be reprogrammed
Select a PERSONAL key (2, in the example shown above), using the same process described under *Setting and storing personal data in memory* (steps 1 and 2). Then, the preprogrammed year of birth (71, in the example shown above) and an arrow pointing to "DOB" will appear and flash.
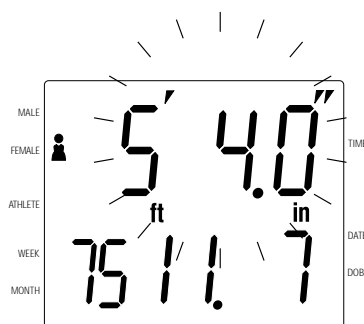
2. Change the year, month and day of birth, and the height
Use the Up/Down buttons to change the last two digits of the year of birth (to 75, in the example shown above). Then press the Orange Set button. Follow the same procedure to change the month of birth, day of birth, and height, as needed.
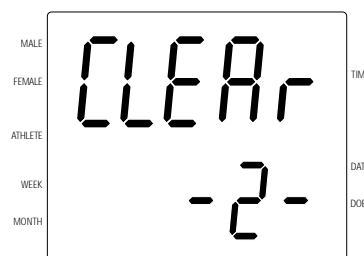
3. Confirmation of reprogramming
The display will show the word "CLEAR" and the PERSONAL key being reprogrammed. If this is correct press and hold the Set button. Two "beeps" will be heard and the confirmed data will flash. The power will automatically shut off.

⚠️ **Note: All of the previously recorded information such as body weight and body fat percentage averages for the selected PERSONAL key will be lost.**

Changing height data for growing children

Follow this procedure to use a PERSONAL key that was previously programmed for another person.

⚠️ **Note: If birth date is changed at any time, the unit will assume the personal key is being reprogrammed for another user and will erase any recorded measurements. Simply confirm birth year, month and date by pressing the Set button and continue on to adjust the height.**

1. Turn on the power
Use the Orange Set button to turn the unit on. The numbers (1-2-3-4-5) will appear and the display will flash.
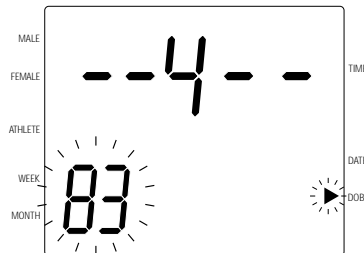
2. Select the PERSONAL key requiring height change
Use the Green Up/Down buttons to select the PERSONAL key number (which is number 4 in the example shown above) for the person whose height setting needs to be changed. Then press the Set button. Then, the preprogrammed year of birth (83, in the example shown above) will appear and the display will flash.
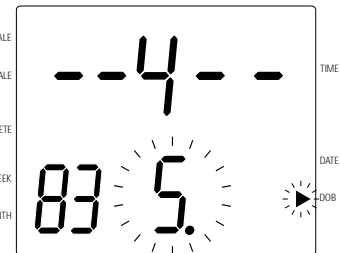
3. Confirm the year of birth
Since no change is needed on the year of birth, press the Set button to confirm it. The year of birth will stop flashing. Then, the pre-programmed month of birth (May, in the example above) will appear and the display will flash.
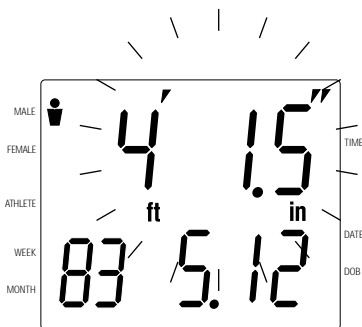
### 4. Confirm the month and day of birth
Since no change is needed on the month of birth, press the Set button to confirm it. The month of birth will stop flashing. Then, the prepro-grammed day of birth (12th day, in the example shown above) will appear and the display will flash. Since no change is needed on the day of birth, press the Set button to confirm it. The day of birth will stop flashing. Then, the preprogrammed height (4'1.5" in the example shown above) will appear and the display will flash.
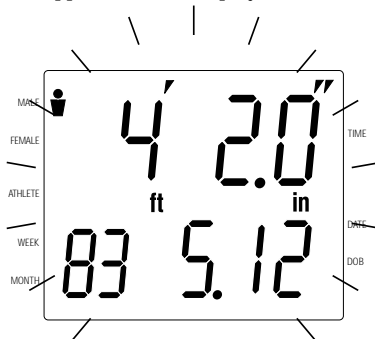
5. Change the height
Use the Up button to change the height (increased to 4' 2.5" in the example shown above). Then press and hold the Set button until 2 "beeps" are heard. The confirmed data will flash and the power will shut off automatically.

Changing the date and time
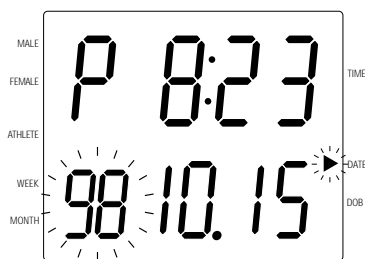
1. Changing the date
Use the Green Down button to turn the unit on. The date and time will appear on the display. Press the Orange Set button to begin the sequence. The flashing arrow will point to "DATE". Use the Up/Down buttons to correct the number at a selected date area (selected number will flash). Press the Set button to change the selected date area from year, to month, to day.
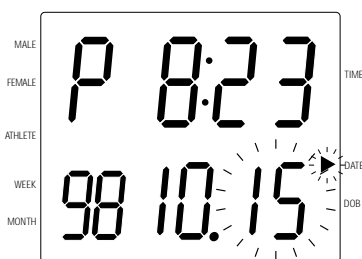
2. Date change completed
After the date resetting is completed, the time setting will flash on the display.

3. Changing the time
Use the Up/Down buttons to correct the number (selected numbers, hours or minutes, will flash). Press the Set button after each selection. Two "beeps" will be heard and the confirmed data will flash. The power will automatically shut off.

Replacing the batteries

When the batteries run low, the "Lo" message will appear on the display window. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements.

Your settings will not be erased from the memory when you remove the batteries.

New batteries will last for about one year if five persons use the unit once every day. The unit comes with 4 trial batteries; their service life will be short.
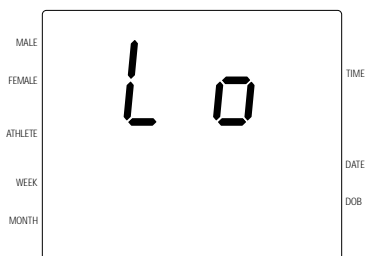
Note: Batteries must be replaced within 5 minutes after removal or the date and time will need to be reset.

Troubleshooting

If the following problems occur…	Then…
• Nothing appears in the LCD after initial display.	Check foot alignment. Make sure you wait for "0.0 lb" to appear before stepping onto the platform. Check to see that the batteries are new and are in the correct position.
• Nothing appears when a PERSONAL key is pressed, or the display shows "- - - - -" and goes off when a PERSONAL key is pressed.	No data (Male/Female/Adult Athlete, birth date, height) has been stored in memory for that PERSONAL key. Enter data.
• The body fat percentage measurement does not appear after the weight is measured.	Vibration will interfere with measurement of the fat percentage. Be sure to stand erect and still on the measuring platform. Do not bend your knees. Be sure that shoes and socks are removed and check foot alignment. Step off and repeat steps on page 11.
• The body fat percentage measurement is extremely low.	Be sure you are measuring in the correct user mode (Male/Female/Adult Athlete), and that the soles of your feet are clean and properly aligned with the guides on the measuring platform. Consider whether or not you are overhydrated. Step off and repeat steps on page 11.
• The body fat percentage measurement is extremely high.	Be sure you are measuring in the correct user mode (Male/Female/Adult Athlete), and that the soles of your feet are clean and properly aligned with the guides on the measuring platform. Dehydration, exercise, foot calluses, etc. will interfere with measurement of the fat percentage. Step off and repeat steps on page 11.
• The display reads "OL" instead of the weight.	Step off the platform and wait for "0.0 lb" to appear in the display before stepping onto the platform.
• The display reads "No"	If the new body weight is significantly more or less than the last weight measurement, the unit will assume you are using the wrong PERSONAL key and will not measure. See *Overriding recorded data protection feature* on page 13.

Technical Support: Please call 1(800) TANITA-8 (USA & Canada only).

TANITA PRODUCTS LIMITED WARRANTY
Not Valid Without Proof of Purchase

Your Tanita product is warranted to the original consumer only, for one (1) year, to be free from defects in materials and work-manship under normal use. This product is designed **for Personal use only.** Tanita Corporation of America reserves the right to nullify the warranty agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with or mistreated, or if the defect is related to servicing or parts not supplied by us. Our obliga-tion under this warranty is limited solely to the charge of repairing the product, plus the cost of parts or, at the option of Tanita, replacing the product with an equivalent model. There are no express or implied warranties except as listed above. **Tanita is not liable for incidental or consequential damages for failure or malfunction of the product and any recov-ery may not be greater than the purchase price paid for this product.** Some states do not allow limitation on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. **No person is authorized to change the terms of this warranty.**

IF PRODUCT IS DEFECTIVE OR NEEDS REPAIR
Do not return this product to the place of purchase; doing so may delay the processing of your warranty claim.

Call Tanita at: 1-800-TANITA-8 to receive a Return Authorization Number before returning this product. Include $12.50 for handling, return postage and insurance to the facility listed below. **Proof of purchase must accompany the product.** Because of possible loss, we recommend insuring your product, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. It is important that you pack the product carefully prior to shipment to prevent damage in transit and that you include a letter describing in detail the specific condition requiring adjustment or repair.

TANITA PRODUCTS LIMITED AFTER WARRANTY
All terms and conditions apply as specified above in the original Tanita Limited Warranty **except** for the cost of labor and parts:
• Minimum charge for After Warranty labor is $30 per hour, plus the cost of parts.
• You will be notified by mail or telephone of the total cost to repair your product to working condition, so prepayment can be arranged.
• Your approval is required before any repair work can be performed on your product.

Please complete the following information and retain for your records.

MODEL: _____ DATE PURCHASED: _____ / _____ / _____

PURCHASED FROM: _____

ADDRESS: _____

TANITA®
A Step Toward A Healthier Life.

Please send all returns to:
Tanita Corporation
2625 S. Clearbrook Drive
Arlington Heights, IL 60005 USA

Record keeping sheet

Use this area to chart your progress by day, week or month to use the information for future reference. Make photocopies of this page for more than one user or as needed.

Date	Weight	%	Date	Weight	%	Date	Weight	%	Date	Weight	%

SPECIFICATIONS: TBF-560 BODY FAT MONITOR/SCALE			
Capacity	Unit: lb	Unit: kg	Unit: st-lb
	330 lb	150 kg	23 st-8 lb
Graduation	0-330 lb / 0.2 lb	0-150 kg / 0.1 kg	0-23 st-8 lb / 0.2 lb
Body Fat Graduation	0.1%		
Power Supply	DC 6V AA-size (UM3-type) dry battery (x4) included		
Power Consumption	60 mA maximum		
Measuring Current	50 kHz 500 µA		

Not for professional or commercial use.

TANITA®